

CUMMINGTON COUNCIL ON AGING

NEWSLETTER

APRIL, 2016

Cummington Council on Aging
P.O. Box 95,
Cummington, MA 01026
413-634-2262
coa@cummington-ma.gov



Carolyn Urekew, Director
Hours:
Wednesday & Friday
9 AM—12 PM

EVENTS — APRIL, 2016

Mondays:

*Osteoporosis Exercise	9:30-10:30 am
Coffee Hour	10:30-11:30 am
Board of Assessors Assistant	9:30-11:30 am
Town Admin. Assistant	9:00-11:00 am
Needlework Group	1:30-3:30 pm
Bryant Library	6:00-9:00 pm
Veterans' Agent - 1 st & 3 rd Mondays,	9:00-11:00 am

Tuesdays:

Town Admin Assistant 9:00-11:00 am

****COA Potluck Luncheon, April 19th, 12 Noon at the Community House (3rd Tuesdays)**

Board of Health meeting 1st & 3rd Tuesdays, 7:00 pm
Veterans' Agent, 3rd Tuesdays, 6:00-8:00 pm
at the Williamsburg Town Offices

Wednesdays:

COA Office Hours 9 am-12:00 noon

Chair Yoga with Sarah Prince	12:00-1:00 pm
Tap Dancing	4:00-4:45 pm
Bryant Library	6:00-9:00 pm
Compactor	5:30-7:30 pm

Thursdays:

*****COA Board of Directors, April 7th, 9:30 am**

Town Clerk	6:00-7:30 pm
Selectboard	7:00 pm
Board of Assessors meeting	6:00-8:00 pm
2 nd & 4 th Thursdays	
Building Inspector	6:00-8:00 pm

Fridays:

COA Office Hours 9 am-12:00 noon

Saturdays:

Compactor	7:00-11:00 am
Bryant Library	8:30-12:30 am

Note: The tappers are tapping at dance class on Wednesdays at 4 pm in the Community House



***Help Prevent Osteoporosis** and have fun doing it!!! Mondays at 9:30 am, followed by the weekly **Coffee Hour at 10:30 am.**



****The April Luncheon** will be held on April 19th at Noon here at the Community House. Following lunch we will be entertained by Ruth Harcovitch with her musical program of Songs of WWII. (See our flyer on page 2) Our goal is that no one goes away hungry. The potluck luncheons are a fun social event with a lot of good food. **Do you need a ride in order to attend?** If so, call Carolyn at 634-2262.

Please don't be shy and don't miss out!!

*****Board of Directors** will meet on April 7th at 9:30 AM. The Board is looking to add new members. If you think you may be interested please call Elliot Ring at 634-5666 or Co-chair Anne Parsons at 634-5707.

Movie Matinee Note: No Movies this month.

The March Potluck was held on the 15th at the Community House. It was our annual Corned Beef and Cabbage dinner. Following lunch Sue Forgea presented a SENIOR SAFE program. Thank you to all who contributed to its success!

WOOOHOOO!!!! THE CUMMINGTON LADIES LUNCH BUNCH will be starting again. If you want to carpool, meet at the church at noon on APRIL 13TH. Our first get-together will be at the Spruce Corner Restaurant in Goshen. All ladies are invited!

Hilltown Elder Network (HEN)

provides eligible seniors with up to two hours of housework/shopping/etc. per week. HEN is run by the Hilltown Community Development Corp (HCDC). If you could use a little help around the house call the new Cummington coordinator, Sandy Powers at 413-634-5558. Sandy also coordinates the Plainfield HEN Program.



The Council on Aging Extends a Heartfelt THANK YOU to those in our community who continue to generously donate to help support our programs. We are grateful and appreciate all that you have done and continue to do! It is because of the generous donations we have received that we are able to keep our programs going and have even been able to start new ones. The words Thank You just don't seem to cover the gratitude we feel!



We're Searching for Volunteers who would be willing to participate in our Neighbor to Neighbor program. We always need drivers! While the FRTA van use is encouraged, there remains a need for the one on one driver. It could be taking someone to grocery shop or to a Dr.'s appointment. If you would or could be interested, please call Carolyn at 634-2262.

Please remember the FRTA van is running for your use. You do need to have an application in with FRTA **before** you need to use it. Please let Carolyn know if you need one and she will get one to you.

Also, if you have MassHealth and need a ride to the Doctor, ask him/her for the form that you would need to submit **prior to** calling the number on the back of your MassHealth card.



Spring is a New Beginning!

Wishing Good Health

Jane Neri, is still re-covering from the stroke she suffered. She is at: **The Center For Extended Care, 150 University Drive, Amherst, MA 01007.** I am sure she would enjoy any and all correspondence.

CALLING ALL ARTISTS:

The 20th Annual Senior Art Exhibit has been announced by the Secretary to the Commonwealth's office. The 2016 theme is "Paint Your Favorite Memory". It is open to all citizens age 62 and older. The COA office has the guidelines and authorization forms as well as other pertinent information. The deadlines for entry will be July 1, 2016.



COMMUNITY-WIDE CELEBRATION of the ANNIVERSARY of the END OF THE SECOND WORLD WAR with Singing Star RUTH HARCOVITZ, Ms. Massachusetts

The Cummington Council on Aging and the Cummington Cultural Council have joined together and are pleased to announce the forthcoming appearance of singing star Ruth Harcovitz, Ms. Massachusetts 2015, in her program, SONGS OF WORLD WAR II, celebrating the seventieth anniversary of the end of the Second World War.

Her show commemorates the end of the war in May 1945, the time when the world was new, hearts were young, and life was free once again. Ms. Harcovitz's presentation will include favorites from the era, such as "Boogie Woogie Bugle Boy," "Accentuate the Positive" "White Cliffs of Dover," and many others.

The program will take place following the 12 noon monthly COA potluck luncheon on Tuesday, April 19 at the Community House. The musical program will begin at 1 PM, is free of charge and open to the public. Senior citizens and veterans are all cordially invited to attend. For any questions, call the COA at (413) 634-2262.

This performance is supported by a grant from the Cummington Cultural Council, a local agency, and the Massachusetts Cultural Council, a state agency.

Regional Section

The Westhampton Council on Aging joins the Westhampton CFCE in inviting Hilltowners of all ages, from preschoolers to seniors, to

Enjoy a very popular presentation:

Tom Ricardi and his Birds of Prey



**Thursday, April 7th, 12:30 pm.
Dessert followed by program
Free & open to the public!
Westhampton Congregational Church
Dining Room
1 Tob Hill Road, Westhampton, MA**

Tom is a wildlife rehabilitator who runs a raptor rehab center in Conway. He will share his knowledge of these majestic birds and show some of their abilities during the show!

Funded in part by a multigenerational grant from Highland Valley Elder Services to the Chesterfield and Westhampton COAs, Chesterfield Public Library, CFCEs of Westhampton and Chesterfield, Davenport Childcare and New Hingham PTO.

The Chesterfield Council on Aging invites you to learn about

Tibetan Medicine: Theory & Practice

with

Dr. Phuntsog Wangmo



**Sunday, April 10, 2 pm
Chesterfield Community Center**

7 Main Road, Chesterfield, MA

Free & open to the public

Refreshments will be served!

Join us as Dr. Wangmo shares her wealth of knowledge! Time for Q & A

In residence at the Shang Shung Institute of America in Conway, MA for over a decade, where she trains Westerners in a 3-year course on Tibetan medical practice, Dr. Wangmo received her advanced degree from the Lhasa University School of Traditional Medicine and spent many years working as a doctor in Eastern Tibet before moving to the U.S. She co-founded the American Tibetan Medical Association, was appointed the International Director of the School of Tibetan Medicine in 2012, and annually teaches a 2-month program in Tibetan medicine in Russia.

The Chesterfield Council on Aging joins Davenport Child Care in inviting Hilltowners of all ages, from preschoolers to seniors to:



Spring into Silliness with Trevor The Games Man!

**Thursday, April 28th, 10 am
Chesterfield Community Center
400 Main Road, Chesterfield, MA
Free & open to the public! All ages welcome!**

**An award winning entertainer, certified
new games leader, cooperative play
specialist, professional stiltwalker!**

Funded in part by a multigenerational grant from Highland Valley Elder Services to the Chesterfield and Westhampton COAs, Chesterfield Public Library, CFCEs of Westhampton and Chesterfield, Davenport Childcare and New Hingham PTO.

Presenting Live-Vintage Country Music Old Country Road!



Peter "The Professor" McLean-Dobro, Dan "Flat Pickin'" Pilachowski-Guitar, Mark "Lightening Bolt" Leveille-Mandolin, Dave "Mr. Radio" Hellman-Bass, Ron "The Crooner" Jackson-Guitar & Vocals

Sunday, April 24th, 2 pm

Doors open at 1:45

Goshen Town Hall

42 Main Street, Goshen, MA

**Free & open to the public! All ages welcome!
Refreshments provided by the Goshen COA
Handicap accessible, Parking across street**

Sponsored by: The Goshen Council on Aging, the Goshen Cultural Council and the Massachusetts Cultural Council



Outreach Report - Peg Whalen

March has been exciting and busy for outreach. I am regularly attending COA board meetings in each town. I have scheduled the next community discussion of the book *Being Mortal*. We will be meeting in Worthington at the Public Library on Thursdays from 3:00 – 5:00 beginning April 7th and ending April 28th. Discussions have evolved into small group and paired discussions of topics and questions raised by the book. A number of attendees have not started or finished the book and report that they found the weekly discussions to be valuable. Please feel free to join us if you are not much of a reader but would welcome a chance to learn and talk about the issues and questions raised by the book.

I have continued building relationships with organizations and professionals throughout the area. My connections occasionally lead to information I can share with the hilltowns. The following announcement is among the opportunities that are available.

Highland Valley Elder Services (HVES) is offering a free six week group on Tuesdays from 10 - Noon. ***Powerful Tools for Caregivers*** is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this group whether you are helping a parent, spouse, friend, neighbor, or someone who lives at home, in a nursing home, or across the country. **This series runs from April 5 through May 10, and meets at HVES, 320 Riverside Dr. Suite B, Florence, 01062. Group size is limited, and registration is required. To register call Geralyn Rodgers at 413-588-5733.**

The community discussion groups in Plainfield and Cummington have continued meeting. Some participants have

continued coming together to develop a variety of supports that will help seniors remain at home. In Plainfield they are developing a transportation phone tree and directory to help connect willing drivers with seniors needing rides. A group also has formed to develop a core group of residents willing to advocate for seniors in many ways. Another group is looking into a "village to village" model for supporting seniors to remain at home. Cummington met with the fire chief and learned about the many ways public safety is watching out for seniors. That group discovered a need for volunteers with specialized skills when emergency situations arise, logistics, bookkeeping, coordination, etc. The town has emergency shelter for many residents including cots, food, generators, and emergency transport to warm locations. If you are interested in learning more about the groups in Plainfield or Cummington you can contact me and I will connect you to involved residents.

Regional outreach has 9 months of operation behind us. I have had over 2,000 contacts with seniors in a variety of activities and events. My focus now is on developing outreach plans in every town. Each month the need for outreach increases. Opportunities for senior volunteers serving the hilltowns are growing as fast as the senior population. Do you know someone that regularly or periodically watches out for a neighbor, either by helping with groceries, doing small home repairs, plowing or otherwise assists seniors with unmet needs? Please point me to the *invisible helpers* are out there. Even though I don't know who you are specifically, I know you exist. I want you to know your efforts are appreciated by many. I am making contacts to better understand the perspective on your community you silent helpers have. To help me connect you can reach me at 413-404-4566 or by email to pwhalen@hchcweb.org.

The Cummington Council on Aging says **THANK YOU** to our Generous Supporters!

If you haven't already, won't you please consider making a contribution? Your help will support our monthly newsletter and our Neighbor to Neighbor transportation program. Many of the folks receiving these services would be isolated without our help. If you would like to make a donation, please fill out the form below and send it with your check made out to the Cummington Council on Aging and write "program support" in the memo line. We thank everyone for their continuing support.

--Carolyn Urekew, Coordinator

The Cummington Council on Aging counts on YOUR support to continue our important programs for local seniors!

☐ I would like to contribute to the COA. My contribution of \$_____ is attached.

Name _____

Address _____

Thank you for helping to Support Your Neighbors!
The Cummington Council on Aging

By Request - Peg Whalen

Last month I wrote about IADL's, the Instrumental Activities of Daily Living. In this and future issues of the regional newsletter, I will delve into each instrumental activity, starting with finance. Handling finances is a regular activity in adult life. Doing our banking to deposit checks, get cash, obtain money orders, and track income and savings allows us to continue living how and where we choose. When aging presents challenges affecting the Finance IADL there are options for getting a little help so that we can remain at home.

Over time many of us experience changes that affect our ability to handle our finances as we did in the past. No longer being able to drive to the bank, not remembering a bill has come in the mail, not knowing where we put bills, not recalling whether we paid a bill, can affect our lives in costly ways. Arthritic hands may prevent us from filling out checks, eyesight can make it impossible to read a bank statement or bill. Highland Valley Elder Services offers access to several types of assistance and support for managing your monthly finances through the Money Management Program. This program may be useful for you if the following are true for you, now or in the future:

- Is it difficult for you to balance your checkbook each month?
- Do you have a visual or physical impairment that makes managing your money a hardship?
- If so, Are you capable of making decisions about your financial affairs?
- Can you assist in making a monthly list of income and expenses?
- Can you still sign your own name?

Highland Valley Elder Services can "provide a trained, supervised Money Manager to assist each participant in balancing checkbooks, organizing bills, and preparing checks for signature. In addition, the program director maintains close relationships to make sure that participants are receiving ongoing support." Volunteer Money Managers are trained to ensure a participant's assets are secure. Agency staff "review participants' financial records, safeguard their financial situations, and ensure their benefits are spent appropriately based on a list of pre-determined expenses." For changes in functioning that may result in someone becoming unable to manage their financial affairs, HVES offers a higher level alternative for assistance with finances. HVES can act as a Representative Payee to provide financial supervision for participants who are unable to manage their own financial affairs. You can call the Money Management Program at (800) 322-0551, ext. 143 to find out about Money Management services.

Banking has changed dramatically. I have started using a smart cell phone to deposit checks, check my account balance right from the grocery store, make regular donations, and transfer money from savings to pay town taxes. Direct deposit of social security, automatic payment of bills that do not change month to month, and electronic transfers directly from our account to another bank, are now possible. These conveniences will help when getting to the bank is no longer possible. If someone in your life is urging you to get rid of the flip phone, or get a smart phone, I suggest you give it some consideration. Becoming familiar now with the new technology is one way to anticipate a future point when you may be forced to rely on others for your finances or transportation to the bank.

Seniors Aware of Fire Education:

Senior 
SAFE

In recent years, there have been 16 deaths and 47 very serious injuries in Massachusetts fires where home oxygen was being used. Six firefighters were seriously injured in those fires.

Ponder this fact: When more oxygen is in the air, on your clothes, bedding and furniture, fires burn hotter and faster.

If you or a loved one uses home oxygen:

- 1) **Do not smoke!**
- 2) **Keep oxygen tanks and tubing 10 feet from all heat sources.**
- 3) **Make sure the smoke detectors are working in your home.**

Be fire S.A.F.E!

Worth Noyes, SAFE Educator
Cumington & Williamsburg Fire Depts.

Computer Workshops for Seniors:



COA computer workshops for seniors are held at the Westhampton Library, One North Road, in Westhampton on the **second and fourth Mondays of each month at 10 am**. This month there will be sessions on **April 11th & April 25th**. During these two-

hour workshops, the first 45 minutes will be used to answer specific questions or to troubleshoot problems. Starting at 10:45 there will be a specific lesson taught. Feel free to come with your questions and to learn! All seniors are welcome, regardless of skill level. If you have a laptop, bring it along. However, there are some computers there for folks to work on, so come along, with computer or without! You may attend sessions on a drop-in basis. Bob Miller is the teacher.

Funded in part by a grant from Highland Valley Elder Services to the COAs of Westhampton, Chesterfield, Goshen, Cumington and Worthington.

Spring has sprung, The grass has riz,
I wonder where the birdies is!

**CUMMINGTON
COUNCIL ON AGING**

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**CUMMINGTON COA NEWSLETTER HAS BEEN FUNDED IN PART BY: GENEROUS DONATIONS,
THE TOWN OF CUMMINGTON, and THE EXECUTIVE OFFICE OF ELDER AFFAIRS**

Regional Activities: Other area Senior Centers offer activities that all are welcome to attend!

(All activities may not be listed. Call for additional information.)

Chesterfield: Nancy E. Braxton (296-4007)

Smith Vocational Meals, Wednesdays 10 am
Advanced Tai Chi, Mondays, 9:30 am
Beginner's Tai Chi, Thursdays, 6:30 pm
Feldenkrais, Mondays, 7 pm
Chair Yoga, Tuesdays, 10 am
Mah-Jongg, Wednesdays 1-4 pm
Chair Massage, first Monday 9-10:30 am
Foot Clinic, first Wednesday bi-monthly 10-12
Men's Breakfast, first Thursday of each month, 9 am
Brown Bag, second Thursday of each month, 10 am

Cummington: Carolyn Urekew (634-2262)

COA Potluck Luncheons Monthly
Coffee Hour, Mondays, 10:30-11:30
Osteoporosis Exercise, Mondays, 9:30 am
Chair Yoga, Wednesdays, noon
Tap Dancing, 4-4:45
Movie Matinee, 1st & 3rd Thursdays, 1:30 pm

Goshen: Rose Clark (268-9444)

COA Luncheons (call for info)
Foot Care Clinic, Monthly

Plainfield: Deborah Thibault (634-0275)

Bi-monthly COA Potluck Luncheons, more to come.

Westhampton: Pat Miller (527-2404)

Knitting Group, Library, Mondays, 6:30 pm
Coffee & Social Time, Library, Wednesdays, 10 am
Computer Classes, Mondays, 10-Noon
Monthly Movie at Library, 2nd Thursday (call for info)
Chair Yoga, Thursdays, 9 am
Breakfast, 3rd Friday, 8-9:30 am

Williamsburg: Marie Westburg (268-8407)

Monday Meals, weekly 11:45
Highland Valley Congregate Meals, Tues-Thurs. 11:45
Tai Chi Classes, Thursdays 9:30-10:30 am
Chair Yoga, Thursdays, 10:45-11:45 am
Intermediate Gentle Yoga, Tuesdays, 2-3 pm
Yoga for You, (more advanced adult) Tuesdays, 6-7 pm
Healthy Bones & Balance, Mon 10-11 am, Thurs 4-5 pm
Movie Matinee, 2nd & 4th Wednesdays, 12:30 pm
Brown Bag, 2nd Thurs 9:30-1 & BP Clinic, 11:30
Podiatry, every other month (usually 2nd Wed)
Foot Nurse, 4th Wednesdays

Worthington: Sandra Epperly (238-5584)

Monthly Potluck Luncheon
Knitting group, Tuesdays 3-5 pm
Coffee and Caring, 1st Thursday 10:30 am
Healthy Bones & Balance, Mon. & Friday 10:30-11:30
Veteran's Agent, 2nd & 4th Monday 9-11 am